

ABSTRACT

The present invention provides an oral skin moisturizer that is readily available to those who are suffering from dry skin, has 5 no side effects, and when orally ingested, enhances the moisture-retaining ability of the skin. The invention also provides food products or the like that contain the oral skin moisturizer. Specifically, the oral skin moisturizer contains, as an active 10 ingredient, a extract of a plant of the genus *Lepidium* of the family *Cruciferae*. More specifically, the oral skin moisturizer contains as an active ingredient a extract of maca (*Lepidium meyenii Walp*). Food products, liquors, functional food products, and pharmaceutical products containing the oral skin moisturizer are also provided.